

## QUIT FOR A DAY. QUIT FOR LIFE.

The Great American Smokeout® is a great opportunity to quit for a day. But why stop there? Make it your resolution to stay quit for life. The Free & Clear® Quit For Life™ Program can help you every step of the way.

When you quit tobacco, you will:

- √ Save money
- √ Have more quality time with your family
- √ Be healthier in the new year

Call the Quit For Life Program today for one-onone phone support from expert Quit Coaches, a personalized quit plan, free Quit Guides, and assistance with choosing the right medicine to help you quit.

Take the first step toward quitting today.

1.866.QUIT.4.LIFE (784.8454)
www.freeclear.com

